

Understanding Anxiety

What it is, where it lives, and why your brain isn't broken

How this workshop works

- Six modules, roughly 60–75 minutes total — move at your own pace
- Each module ends with a reflection prompt — write, pause, or just sit with it
- Nothing here requires a diagnosis — anxiety is part of being human
- This workshop gives you a framework. Workshops 2 and 3 build the tools

Module 1

What anxiety actually is

Before we can work with it, we have to stop misreading it.



Unease, anxiety, tension, stress, worry — all forms of fear — are caused by too much future, and not enough presence.

— Eckhart Tolle

This isn't just philosophy. It maps directly onto what the brain is doing when anxiety activates.

Fear vs. anxiety — they are not the same thing

- Fear is a response to something present and real — the alarm goes off because there is smoke
- Anxiety is a response to something imagined, anticipated, or uncertain — the alarm goes off because you heard a sound
- Fear is useful. It kept your ancestors alive. Anxiety borrows that same machinery and applies it to emails, social situations, and the future
- Understanding this distinction is the first step to working with anxiety rather than fighting it

Anxiety is future-orientation gone wrong

- The anxious mind lives in a future that hasn't happened yet — running simulations, preparing for threats, anticipating failure
- This is not weakness. It is the mind doing exactly what it evolved to do
- The problem: the brain cannot tell the difference between a real future threat and an imagined one
- The body responds the same way to both — and that is where anxiety becomes a problem